



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Degering, Hecke

Club: ASFM Göttingen
Number: 1076

Course: 160.00 km
100 Meilen

Category:

Senioren M35 (35-39 Jahre)

Total time: 24:51:27

Speed: 6.44 km/h

Running performance: 9:19 min/km

Rank in course/Total: 47 (of 108)

Rank in course/Men: 44 (of 98)

Best time in course: 17:27:33

Rank in category: 4(of 11)

Best time in the category: 20:25:30

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hörselberg	42.50	4:45:22	6:42	3	26:57	32	49:35	42.50	4:45:22	6:42	10	26:57	94	49:35
Sontra	27.50	5:10:10	11:16	7	2:07:08	66	2:07:08	70.00	9:55:32	8:30	10	1:59:39	91	2:34:52
Glasbachwiese	17.00	3:01:36	10:40	6	35:06	44	1:08:44	87.00	12:57:08	8:55	11	2:21:43	89	3:22:04
Gensberg/Brotte	13.00	2:39:22	12:15	6	36:23	54	53:25	100.00	15:36:30	9:21	9	2:58:06	80	4:15:29
Floh-Seligenthal	14.00	1:38:17	7:01	5	16:55	48	33:03	114.00	17:14:47	9:04	8	3:10:20	78	4:48:32
Finsterbergen	22.00	3:45:16	10:14	4	41:48	38	1:13:56	136.00	21:00:03	9:15	7	3:38:25	73	6:02:28
Prefinish	23.50	3:49:42	9:46	5	50:54	43	1:20:56	159.50	24:49:45	9:20	7	4:25:30	71	7:23:24
Fröttstädt	0.50	1:42	3:23	5	0:27	36	0:36	160.00	24:51:27	9:19	4	4:25:57	44	7:23:54